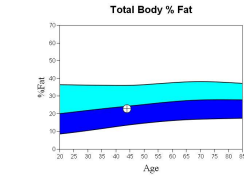
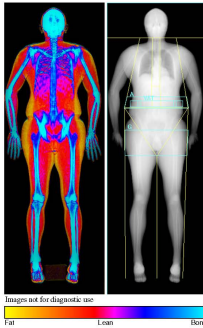


Advanced Body Composition Report

Body DEXA Fit

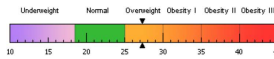
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Source: NHANES Classic White Male.

World Health Organization Body Mass Index Classification
BMI = 27.3 WHO Classification Overweight



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	% Fat Percentile
L Arm	1226	4069	5295	23.0	76
R Arm	1069	4670	5739	18.6	53
Trunk	3456	31842	40298	21.0	52
L Leg	3869	10803	14672	27.0	75
R Leg	3908	10992	14900	26.2	70
Subtotal	18497	62001	80498	23.0	61
Head	1110	3908	5017	22.1	61
Total	19606	65908	85515	22.9	61
Android (A)	1597	4259	5856	27.3	
Gynoid (G)	3639	9669	13308	26.7	

Adipose Indices

Measure	Result	YN	AM	Percentile
Total Body % Fat	22.9	41	42	
Fat Mass/Height ² (kg/m ²)	6.30	63	44	
Android/Gynoid Ratio	1.02			
% Fat Trunk/Fat Legs	0.79	26	7	
Trunk/Lean Fat Mass Ratio	0.34	26	7	
Est. VAT Mass (g)	310			
Est. VAT Volume (cm ³)	335			
Est. VAT Area (cm ²)	64.2			

Lean Indices

Measure	Result	YN	AM	Percentile
Lean/Height ² (kg/m ²)	20.1	58	46	
Approx. Lean/Height ² (kg/m ²)	9.07	54	49	

Est. VAT = Estimated Visceral Adipose Tissue
YN = Young Normal
AM = Age Matched

Legend

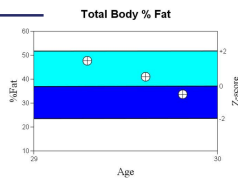
1. Visual image of precise location of bone, lean mass, and fat mass
2. Plot of % Body Fat compared to age group
3. Precise Fat Mass, Lean Mass, and % Body Fat measurements of each area:
 - Left Arm
 - Right Arm
 - Torso (Trunk)
 - Abdomen (Android)
 - Hips (Gynoid)
 - Left Leg
 - Right Leg
4. Calculation of Total Mass, Fat Mass, and Lean Mass to give overall % Body Fat
5. Estimated amount of visceral fat (the type of fat around internal organs associated with medical disorders such as metabolic syndrome, cardiovascular disease, and type 2 diabetes).

Track % Body Fat, Fat Mass and Lean Mass values over time

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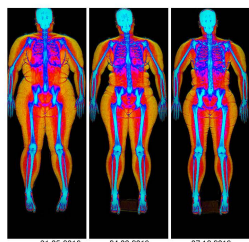
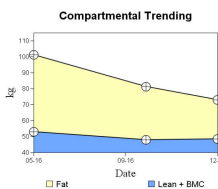


Scan Date	Age	% Fat	Change vs Baseline	Change vs Previous
07.12.2016	29	33.6	-14.0	-7.4
24.09.2016	29	41.0	-6.6	-6.6
31.05.2016	29	47.6		

Scan Date	Age	Fat Mass (g)	Change vs Baseline	Change vs Previous
07.12.2016	29	24550	-21660	-8908
24.09.2016	29	33358	-14852	-14852
31.05.2016	29	48210		

Scan Date	Age	Lean (g)	Change vs Baseline	Change vs Previous
07.12.2016	29	45916	-4555	553
24.09.2016	29	45363	-5088	-5088
31.05.2016	29	50451		

Scan Date	Age	Mass (g)	Change vs Baseline	Change vs Previous
07.12.2016	29	73054	-28166	-8297
24.09.2016	29	81851	-19869	-19869
31.05.2016	29	101220		



Legend

1. Graph of % Body Fat values over time
2. % Body Fat values over time
3. Fat Mass values over time
4. Lean Mass values over time
5. Visual comparison over time of changes in bone, lean mass, and fat mass

	Actual	
Total Body Fat %	14.8%	
Fat mass	11.4	kg
Lean + BMC mass	65.8	kg
Total DEXA Weight	77.3	kg
Body Mass Index	23.6	kg/m ²
Fat Mass Index	3.5	kg/m ²
Fat Free Mass Index	20.1	kg/m ²

The recommended **fat mass range** for height of 181 cm is between **6.5 kg to 16.3 kg**

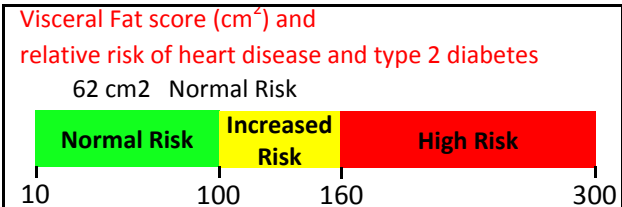
Android ("A") = waist region Gynoid ("G")= hips region
 Lean = muscle, organs + fluids
 BMC = bone mineral contents BMD = Bone Mineral Density

Daily Resting Metabolic Rate **1841 Calories / (7706 kJ)**

Your daily caloric need is based on your resting metabolic rate and the appropriate activity factor.

Activity Level	Factor	Daily Caloric Need**	Calories to lose weight (* 20.0% Calorie deficit)	Calories to gain weight (* 15.0% Calorie surplus)
Sedentary	1.14	2099 Calories / (8785 kJ)	1679 Calories / (7028 kJ)	2414 Calories / (10103 kJ)
Light	1.3	2394 Calories / (10018 kJ)	1915 Calories / (8015 kJ)	2753 Calories / (11521 kJ)
Moderate	1.47	2707 Calories / (11328 kJ)	2166 Calories / (9063 kJ)	3113 Calories / (13028 kJ)
Moderate to Vigorous	1.6	2946 Calories / (12330 kJ)	2357 Calories / (9864 kJ)	3388 Calories / (14180 kJ)
Extreme	1.9	3499 Calories / (14642 kJ)	2799 Calories / (11714 kJ)	4023 Calories / (16838 kJ)

NB: **RMR does not take into consideration Thyroid issues, certain hormones, supplements and drugs which affect Metabolic Rate. Refer to Australian



A DEXA visceral fat estimate has a very close correlation with CT scanning. Visceral fat is the unseen toxic fat that surrounds the internal organs. A DEXA reading above 100cm² indicates an increased health risk, while above 160cm² is high risk.

Even individuals with normal body weight and a BMI below 25

* Please note that other DEXA systems and body composition assessments have different calibration and therefore prevent direct numerical comparison of results. Follow up is strongly recommended on the same machine with the same calibration.

DISCLAIMER: The information provided is for informational purposes. You should not use this report to diagnose a medical condition or disease and diagnosis of any medical condition or disease should be made by a health professional. Whilst all reasonable care has been taken in the preparation of this report no liability is assumed for any errors or omissions.

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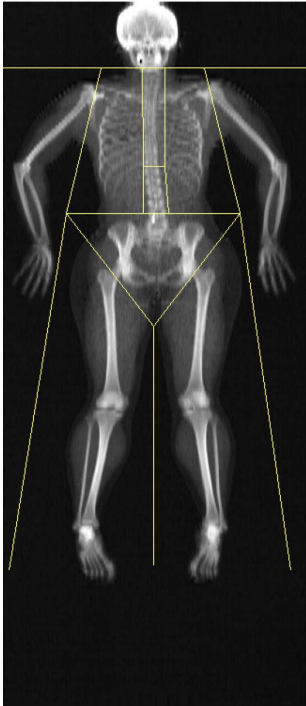


Image not for diagnostic use
 k = 1.184, d0 = 46.7
 327 x 150
 DAP: 13.1 cGy*cm²

Bone DEXA Results Summary (non diagnostic)

Region	Area (cm²)	BMC (g)	BMD (g/cm²)	T - score	PR (%)	Z - score	AM (%)
L Arm	158.53	124.40	0.785				
R Arm	165.81	129.09	0.779				
L Ribs	92.61	63.69	0.688				
R Ribs	75.62	47.82	0.632				
T Spine	97.06	84.91	0.875				
L Spine	48.12	43.58	0.906				
Pelvis	213.12	293.63	1.378				
L Leg	305.73	407.87	1.334				
R Leg	298.45	384.61	1.289				
Subtotal	1455.07	1579.60	1.086				
Head	213.53	614.16	2.876				
Total	1668.60	2193.76	1.315	2.4	119	2.2	118

Total BMD CV 1.0%, ACF = 1.039, BCF = 1.013

